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# PANTHER PRESS

*Knightstown High School | January 26, 2024*

## SNOWCOMING DANCE

**SATURDAY, FEBRUARY 3RD**

**KHS CAFETERIA**

**7:30-10:00PM**

**\$5 AT THE DOOR!**



## GUIDANCE UPDATES



### SENIORS

FAFSA is now open! If you have questions or need support,  
InvestEd is a great place to start.

Visit this link for support:

<https://www.investedindiana.org/funding/completing-the-fafsa/>

KHS will also be hosting a Financial Aid Support Night  
February 15th from 6:30-8:00 in the Media Center!

## IMPORTANT DATES

1/30.....School Board Meeting 7PM  
2/3.....Snowcoming Dance 7:30PM  
2/15.....College Financial Aid Support Night 6:30  
2/19 & 2/20....No School-President's Day/Staff PD  
2/20.....Vocational Applications Due  
4/13.....Prom  
6/2.....Graduation @ 2pm

## WELCOME

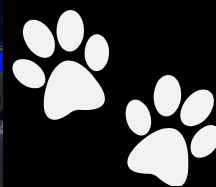
*KHS would like to welcome  
Mrs. Lisa Woods as our  
new head custodian!  
Please give her a warm  
Panther welcome if you see  
her!*



## SAT TESTING

Attention 11th Grade Families:  
The SAT will be given on March  
4th to all Juniors. Check out this  
website for preparation and  
practice tips!

<https://satsuite.collegeboard.org/sat/practice-preparation>



*Congratulations to  
Senior Baeli Renie  
for being recognized as a  
NBA All Star Legacy  
Scholar!*



# K-TOWN JOURNAL

2024

JAN 22-26

The first edition of many

JOURNALISTS OF TODAY:

Parker Tompkins, Grace Behny, Lilly Loveall



# KHS VS STANLEY

The Stanley craze in KHS... and everywhere else.



4th Week of January / 2024

1st Edition



**Have you ever** walked down the halls of your high school and taken a notice to how many Stanleys there are? Although the company Stanley has been making these sustainable water bottles since 1913, there has been a recent spike in sales. Social media influencers have been promoting the tumbler everywhere. They argue that Stanley upholds its promise to keep your drink cold or hot throughout the day with its vacuum seal and steel exterior. In a video, a lone Stanley

sat in the cup holder of a charred car. With this kind of publicity, it is no wonder why we're seeing them reach Knightstown. Even the teachers of our high school have indulged in these tumblers. "I saw students with them and I thought they were neat," said Mrs. Shepherd, the freshman English teacher, who has bought not one but two Stanleys. However, the selling point for her was the small bottom that let them easily fit into the cup holder. Some students chose a cheaper alternative, and bought a fake Stanley, the only real difference being an absence of the logo. "I saw everyone else with one and I wanted cold, cold, *cold* water in the morning," said an anonymous owner of one of these "Stanleys." They claim that there are no differences between an Amazon-ordered and a company-issued tumbler. Both share the same design and benefits during use. However, it doesn't matter if it is fake or not, we're all guilty of giving into the newest trends. Stanleys have now joined Hydroflasks and Yetis on the wall of water bottle fame. One can't help but wonder, what's next?

Authored by: Parker Tompkins

## THIS WEEKS TOPICS:

RECENT SPORTS - DON'T LET BAD WEATHER RUIN YOUR DAY - PANTHER PUZZLES



# RECENT SPORTS

## Girls & Boys Basketball

*4th Week of January / 2024*

*1st Edition*

On Monday, January 22, the girls basketball team celebrated the seniors in a win against Morristown. Last season, the Panthers had a tough loss to the Yellow Jackets with a score of 29-40. This season, the Lady Panthers beat the Yellow Jackets 38-32 with freshman Lilly Drew and sophomore Anna Roberson leading the way combining for 30 points. Senior Taylor Reagan made a huge impact in this game by leading her team and keeping energy high. Reagan had a deflection at the end of the game that sealed the win for the team. This was the last game of the regular season for the girls basketball team and this win helped them move to a record of 9-13 compared to last years 3-20. The team is now taking this time to reflect on the regular season and improve as much as they can in the next week. The Panthers will take on the Shenandoah Raiders in the first round of the Sectional on February 2, at Northeastern High School.

On Tuesday, January 23, the boys basketball team took a tough loss to Rushville. This game is always an important one for the team because of how close it always is. Last year, the team lost to Rushville off a devastating buzzer-beater. This year, the game was tight all the way until the very end when the Lions pulled away and won 38-43. The Panthers leading scorer, Michael Roberson led the team with 15 points, bringing him only 34 points away from hitting the 1000 point marker. With this loss, the Panthers move to 7-7 and will play at Oldenburg Academy this Saturday.

Authored by: Grace E. Behny

## UPCOMING:

Knightstown



VS

Oldenburg



01/27/24

BV / AWAY



# Creative Corner

## Stop Letting “Bad” Weather Ruin Your Day

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*4th Week of January / 2024*

*1st Edition*

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Most have been told from a young age not to play in the rain. With it being winter, you’ve probably heard to stay inside in order to hide from the cold as well. There’s risks of getting sick or injured, no one else will be out and about to be around with, and it’ll simply be too groggy to have fun. You’d be better off spending the day inside, relaxing, wouldn’t you? Wrong.

The human body is capable of enduring much more than we give it credit for. Even if it is -40 degrees outside, you could survive for just under ten minutes. As long as you’re in the right attire (clothes that keep you dry and warm) and take periodic breaks to warm up, you could spend hours outside in the typical Indiana cold. Clothing is of great significance in the scenario, though, as precipitation itself can’t actually make you sick. If you get sick from being out in unclear weather, it is likely because you were cold and wet for too long, making your body more vulnerable.

Despite this, there are actually benefits to playing in the rain and limited exposure to cold temperatures. Going out in the rain can improve children’s mental and physical developments, and can expose adults to clearer, fresher air. The humidity can be good for your skin, and the smell of rain is known to be calming. You can also burn more calories by doing physical activities in the rain or cold in comparison to regular, sunny weather. Activities in cold weather can also improve endurance, train the blood vessels in your skin to be more responsive, and even help your heart.

However, some people can’t control their negative responses to “bad” weather. When the sun is blocked, it can cause your serotonin levels to decrease and your melatonin levels to become imbalanced. This can affect your mood, sleeping patterns, and cause depression. This is also related to seasonal affective disorder (SAD), which is a form of depression that usually occurs yearly as a reaction to seasonal changes. It cannot be controlled, but considering things like light therapy, physical activity, vitamin D supplements, cognitive behavior therapy, evaluating your diet, and medication, may improve your relationship with weather, according to UC Davis Health. However, changes like these may take time and financial contributions, so don’t feel bad for spending a rainy or cold day inside resting; as long as you’re doing the best you can in the moment, than that’s what really matters.

If you’re going to spend the day inside, there are still plenty of things you can do to make the most out of it. Working out indoors, playing family board games, video gaming, drawing, picking up a new hobby, carpet picnicing, playing hide and seek, watching movies and TV shows, building forts and LEGO castles, baking, reading, doing puzzles, painting, learning something new, catching up on studying, and so much more are all ways you can use your time wisely, even if it feels wasteful.

Engaging with the things we love in life, even if they aren’t a priority for our futures, improve our mental

# Creative Corner

## Stop Letting “Bad” Weather Ruin Your Day

*4th Week of January / 2024*

*1st Edition*

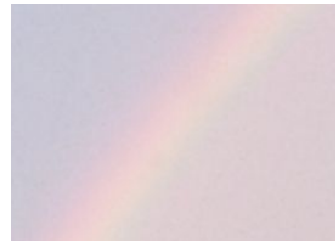
health.

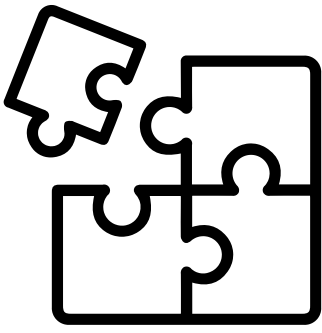
Being in a stable position helps you work more effectively, which means you're technically still being productive while having fun.

The point is, every raindrop, snowflake, and gust of wind are a special event to get excited for. You never know when you'll see them again, and they disrupt monotony to remind you that you are alive and free. Even if you don't go outside or spend the day binging, it's important to use these days as an opportunity to treat yourself. After rain always comes blooming flowers and rainbows, and, after winter, life always returns with spring. So, don't save your pennies for a rainy day. Save them for when something really goes wrong.

Authored by: Lilly Loveall

### Memories with Clouds





# Panther Puzzles

JOKES - POP QUIZ - CREATIONS



4th Week of January / 2024

1st Edition

## JUST JOKES

Why can't basketball players go on vacation?

- They aren't allowed to travel!

Where's a basketball players favorite place to eat?

- Dunkin' Donuts!

## POP QUIZ

A. How long has the company Stanley been around?

B. In the right attire, how long can the human body survive -40 degree weather?

A. Since 1913 B. > 10 minutes

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ART CLASS:  
COIL POTTERY



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BASKETBALL  
GAME

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